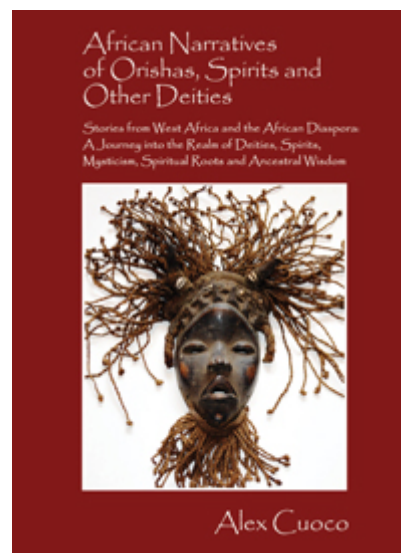


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African Narratives of Orishas, Spirits and Other Deities

Stories from West Africa and the African Diaspora: A Journey into the Realm of Deities, Spirits, Mysticism, Spiritual Roots and Ancestral Wisdom

by Alex Cuoco



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Book Details

An Extensive compilation for enthusiasts of African Studies, Religion, Mysticism and Mythology

Acknowledging that the Yorùbá are one of the largest and most important groups of people in West Africa, apart from its value[^] as a cultural treasure, African Narratives of Orishas, Spirits and Other Deities will also delight the readers with its wealth of information on Yorùbá/Vodun religious beliefs which are told in a spirited form with humor and poetry. Every page reveals the different deeds and aspects of Yorùbá deities known as Òrìṣà, as well as a number of spirits and other deities. This stunning collection of narratives showcases the diversity of Yorùbá Òrìṣà culture and evokes the power of Àṣẹ. It gives West African deities their much deserved respect and place in world culture. In this collection, Alex Cuoco, specifically kept the text in a non-academic format to afford the reader a free flow of thought without interruptions to check notes. He also chose to use simple language throughout the book to make the texts understandable and valuable to the general reader, as well as, making it a great contribution to the informed. The narratives and all other supporting topics in this work examine Òrìṣà/Vodun beliefs in cultures in Nigeria, Benin, Togo, as well as, the Angola/Congo Nkisi deities, thus creating a cross-cultural foundation for spiritual learning and gaining of wisdom and knowledge. (Contains an extensive glossary).

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About the Author



Alex Cuoco

Alex Cuoco is a native of Rio de Janeiro, Brazil, who came to reside in the United States at a young age. His fascination with African indigenous traditions was inspired early in his life by the presence of African cultures in Brazil. He is a writer, a photographer, filmmaker, director and plastic artist who have receive the top award “The Best of New York” for his artistic talents, as well as foreign awards. Alex studied at New York University and abroad. He has travelled to Africa where he spent a long time researching and studying West African deities, Yorùbá orishas and culture, as well as vodun from Benin and nkisi from Angola-Congo. He travelled extensively through Ghana, Togo, Benin, Nigeria and Angola-Congo and across the continent to Mozambique and Madagascar studying the different religious beliefs and cultures. It was during this time that his bond and fascination with the orishas and other African deities grew stronger and they became a prominent and permanent part of his life. Upon returning to the United States, Alex’s fascination with African cultures and the veneration of orishas, voduns and nkisi had grown stronger. At that time, he went to live in New Orleans, where West African rituals took the form of “voodoo” a term used erroneously by western societies to refer to the religious practices of the Fõn people of the Republic of Benin. During his years in New Orleans, Alex continued his extensive research on the presence and the diversity of orisha and vodun rituals throughout the African Diaspora. Since then, he has kept in touch with several of his friends, who are active worshippers of orisha and vodun and, who are deeply rooted in the indigenous cultures of Yorùbá Nigeria, Angola, the Republic of Benin as well as the spiritual

houses of Bahia, Brazil. African Narratives of Orishas, Spirits and Other Deities is the result of 20 years of Alex Cuoco's resilient, dedicated research and in depth studies of West African indigenous religions, mythology, mysticism and culture. Alex has published other books in the field of poetry and fiction novels. Two new poetry books are in the works for near future publication, as well as, other more complex works related to Africa and the African Diaspora. In 1993, during one of his visits to the city of Salvador, in Bahia, Brazil, the prominent presence of African cultures and the magical devotion by the Bahian people to the worship of the orishas, was the culminating inspirational point for the creation of this book. Another magical source of inspiration was the magnificent Pierre Fatumbi Verger and his brilliant and detailed studies of the traditional culture of orishas, voduns and West African indigenous cultures, which without a doubt are masterpieces people refer to, to this day. After discussing this project with Pierre Verger and seeking his spiritual guidance this project was officially born. Sadly, Pierre Fatumbi Verger passed away in 1996. For contact & information write to: africannarratives@outlook.com

Also by Alex Cuoco



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